12 Signs You May Be Creatively Wounded

- You frequently tell yourself, "I'm not creative."
- You will say, "I don't have a good imagination."
- You feel you are "too old" to start something you "should have done when you were younger" (voice lessons, music lessons, dance lessons, acting lessons, art lessons)
- You have not played with paint, paper, pencils, photography, collage making in years.
- There are creative people you really secretly admire or envy but feel you "have nothing in common with". (This is called a "positive projection in psychological Shadow Work.")
- You do not read fiction, fairy tales or poetry.
- If you do risk playing creatively, you frequently apologize for what you create.
- You do not engage in any type of handcraft.
- Your definition of creativity is limited to "the arts", when it should extend to all arenas of wholehearted living: relationships, work, decor, spirituality, and even the "mundane tasks of living."
- You never go to a museum, art gallery or live performance. If you do feel the creativity expressed there was made by a different species than you.
- The idea of writing (even a three line Haiku) paralyzes you.
- You are still telling the story of the teacher, parent, or friend who criticized your creative/ artistic ability or who dismissed your ideas as "just your imagination."

Strategies of the Spirit Blog
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